



## Are You a Part of Team Breastmilk?

The WIC Program has a new Peer Counselor Breastfeeding Support Program. It is a free mom to mom support service for mothers who wish to give their babies the best nutrition possible - **Breastmilk!**

### What is a Peer Counselor?

Women in the community with personal breastfeeding experience who provide information and support to other mothers. Quote: "That's what it's all about...moms helping moms."

If you are a pregnant woman who plans to breastfeed her infant and you are enrolled in the WIC Program, you will have a peer counselor available to you. Your peer counselor will make contact with you just before you deliver your baby. At this first meeting, she will introduce herself and begin to answer any questions you may have about breastfeeding. Once you deliver your baby, your peer counselor will be available by phone for any additional questions you may have or to just talk with you about the basics of breastfeeding.

See what free gifts we have to offer you and your baby just for breastfeeding.



Your infant can receive a new breastfeeding t-shirt during different stages of your breastfeeding experience. We will also be giving away free magnets, nursing bracelets, breastfeeding buttons, and "Boppy" nursing pillows.

We challenge you to offer the best nutrition possible for your baby up to 12-months.

**Breastfeeding is possible!**